

FREDERICK COUNTY COMMISSION ON AGING MINUTES
Thurmont Regional Library
76 East Moser Road
Thurmont, Maryland

March 13, 2017, 1:00 PM

COA MEMBERS	DOA STAFF	EXCUSED	GUESTS	GUESTS
Mary Beachley	Kitty Devilbiss	M.C. Keegan-Ayer	Gloria Angleberger	Annie Lewis
Elizabeth Chung	Monica Grant	Tom Lawler	Jeannette Bartelt	Geoff Littrell
Marcy Gouge	Sue Ramsburg	Randy McClement, Mayor	Shannon Baskerville	John Martin
Dianne Lewis	Carolyn True	Ann McDermott	Margaret Cornejo	Terry Miller
Tish Raff			Tony Cornejo	Chooi Han Monroe
Marie Reeves			John Dumos	Michael Paris
Leslie Schultz			Henry Fiorini	Pam Robbins
Bobbie Speace			Margaret Fiorini	Janice Snyder
Thea Uhlig-Ruff			Mary Fisher	Alice Stambaugh
Sandra Wastler			Diane Grove	Pat Troxell
			Pauletta Hardy	Peggy Vaughn
			Alorin Harris	Ray Brown
			Lynn Hunter	
			Teresa Kempisty	
			Judy Kendro	
			Cindy Kokoski	
			Virginia LaPerche	

- I. Call to Order** – Dianne Lewis called the meeting to order at 1:00 pm.
- II. Welcome & Introductions** – Dianne welcomed all attendees. She gave a brief description of the Commission and its goals. Commission members around the table introduced themselves.

- III. **Action on the Agenda** – There are no additions to the agenda today.
- IV. **Approval of Minutes** – The minutes of the March 13th meeting were approved with corrections. On page five, section four in the Changes to the By-Laws section, one change was missed. In the portion of the By-Laws to include Article IX, Section 8, there should be a comma after the word “Recording Secretary” prior to the parenthesis section. The entire portion within and including the parentheses should be removed. The words “notification must be given” should come before “two (2) business days” in that same sentence. Sandra made a motion to approve the minutes. Leslie seconded the motion. All were in favor.
- V. **Outreach services Brunswick & Thurmont, Heather Kirby, AVP Care Manage** – Dianne introduced Heather Kirby, the Assistant Vice President of Integrated Care Delivery at Frederick Memorial Hospital (FMH). Heather is at today’s meeting to talk about programs the hospital is working on to reach individuals in Frederick County who are managing chronic conditions. These individuals sometimes have trouble accessing medical care for various reasons such as transportation issues and lack of primary care physicians. This initiative is funded by a state grant and is shared by FMH, Meritus Hospital, and Western Maryland Hospital. It also includes a mental health initiative which has allowed a behavioral health specialist to be placed in some primary care practices to work with individuals who have mental health issues and help connect them to long term services. FMH also has started working with Potomac Case Management to help individuals who struggle with mental health and/or substance abuse issues the community. The goal is to help individuals get connected to services. Some individuals can be vulnerable when leaving the hospital and lack of access to services can cause frequent admission/readmissions. The grant is for three years and the goal is to have enough cost savings from chronic care management that FMH can continue the work.

This grant also allows more chronic care management utilizing a CARE Clinic which FMH had set up to help clients who have access challenges. It was open two days a week and the grant will allow it to be open five days. This clinic offers a multidisciplinary care team to help manage medical conditions. The grant may allow for the Clinic to move to other parts of the community and serve outlying areas of the county.

Heather also spoke about the Community Health Workers who have become an important part of the health provider group. They are not licensed medical professionals, but have been trained to work in the

community to help with gaps in home care. Currently there are twelve Community Health Workers working in the community. Their training is provided by the Asian American Center. Recruitment from the outlying areas would be beneficial because they are aware of local resources. Elizabeth Chung is recruiting for more people to become health workers. Recruitment is also done at community health fairs. FMH is also recruiting within their own staff pool for those interested in part time work. This is a paid contracted position and includes a background/medical check through FMH. There is 160 hours of training to become a community health worker. They are supervised by the Asian American Center and FMH.

FMH would like to be able to access people who need services who have not come into the hospital yet. They have a new brochure in the works which will explain community-related services. They are making connections in local physician offices for referrals to those in need of services.

FMH has been talking with EMS and ambulance workers about individuals who often call 911 without a true need for urgent care. Is there services that may be beneficial to this person to avoid these frequent calls? It could be that in-home services or some companionship may be needed. Heather stated that how geriatric care is being handled at FMH has been discussed as a future endeavor.

Heather talked about Capital Coordinated Medicine which is primary care at home. This program was started by a physician who saw that healthcare was changing and saw the need for home services. A nurse practitioner can go into the home and provide services for someone who has difficulty getting out for medical care.

- VI. Update on Seniors First Initiative, Dr. Monica Grant, Director Citizens Services Division** – Monica distributed information and shared the Seniors First timeline and action steps that have taken place and steps that will take place in the future. She took a few minutes to explain the history of the Seniors First report. By the year 2020, there will be more seniors in Frederick County than school age children. The report and recommendations are available on the Fredrick County website, www.frederickcountymd.gov. Monica offered to send a PDF copy to anyone who requests it via email.

Monica stated that the goal is to keep long term goals for seniors in mind when working with these recommendations. She reviewed some of the issues which currently affect Frederick County seniors;

lack of affordable housing, lack of primary care options, and lack of transportation options.

Monica reviewed the recommended action steps that the Seniors First has used as a guideline for the work to be completed. There are specific people involved in each of these steps and timelines attached to each action step. Monica then reviewed each specific action goal and the work that has been completed to this point.

These steps include:

- Analyze current staff and financial resources with recommended structure
- Work with the Frederick County Parks and Recreation to determine how/when to transition recreational and fitness activities oversight
- Analyze co-location possibilities with partner agencies
- Decide on a new name for the division
- Address the changes to the county ordinance that established the department and commission
- Address the wait list issues with the Meals on Wheels program
- Increase the capacity of the facilitation and coordination staff
- Analyze the existing senior center structure

Monica reviewed what steps have been completed to date and where each step is in the proposed timeline of completion. She explained the parties involved and the scope of all the work being done on each step. She discussed the barriers to completing some of the steps and the discovery of work that is being done despite the barriers. This is the beginning of a long journey and has many parts in play.

Q - Is there a chance that the senior center model could change? Could using a 501(c)3 allow better fundraising options?

A – There is the ability to look at what is the best of what we have and what could be done to enhance current services. There is a current collaboration with the Parks and Recreation and with the Frederick County Library system to enhance services through partnership. Currently the MoW program does have a Friends of Meals on Wheels component to assist with funding issues. This is a great recommendation to generate funds, but people need to commit to that endeavor.

Q – There was a question about the grant streams (first action goal) and what documentation is being done to allocate their time? How can that money be used for other items? Who will take on this task?

A – Grants come with strict restrictions on what funding can be used for. The goal is to use this money differently so that staff can be used more efficiently. This will be a time-consuming process. There will be some that cannot be change and some that have flexibility.

Q – Can the By-Laws be removed from the Ordinance? The Commission on Aging is the only Board with this restriction.

A – This would be a task for the County Attorney, Linda Thall. The Commission can meet with this attorney to help resolve. The By-Laws may be on hold until the new Division is named. There may be restrictions on when/if this change can take place.

Q – Is the MoW reporting that goes to County Executive Jan Garnder be shared with the Commission on Aging?

A – Yes. Dianne can be included as a recipient of that report.

Q – Have all the requirements been met?

A – All requirements have been addressed, but not all have been finalized.

VII. Public Comment – Jeannette Bartelt spoke about the number of seniors who are living in poverty in Frederick County. She attends the Frederick Senior Center for some of their exercise classes which help her to maintain her health but she is finding it unaffordable. The price of the classes has gone up for all the classes. She has done some research and there is a yoga class in Hagerstown and it is free. There is a class in Middletown that is \$1.00 per session. Exercise is very important for seniors to avoid falls and injuries. All seniors should be able to access exercise at an affordable rate. She also brought copies of the Frederick Senior Center activity schedule and menu which has increased in paper size and is now being printed in color which adds to the cost. She would like to see the one sheet black and white one sheet be used to save money.

Theresa Kempisty is the Thurmont Senior Center coordinator and spoke about the programs offered. She also spoke about the limited resources in the local area and the need for food, medical services, and transportation. Some of the areas in the northern part of the county live in very remote areas and have difficulty accessing services. Many seniors don't speak up because of pride. Carolyn True agreed that services are difficult to reach in the more rural areas

of the county. She invited Theresa to give input on the Seniors First initiative.

VIII. Old Business, Handbook – Dianne Lewis – Dianne stated that the changes have been made for the subcommittee membership requirements and only one Commission member is required to be on the subcommittee; initially it was three. The remaining members can be Frederick County residents who have an interest in the topic.

IX. New Business, Dianne Lewis – No new business.

X. Aging in Place and Community, Thea Ruff – Thea stated that this subcommittee has put together seven self-assessment questionnaires for the community once the pilot program has been completed. The group has established measurable objectives and created a slide show on aging in place and the planning that goes into aging at home. The next step is to meet with the leaders of the pilot community. This will be piloted in a multigenerational community. Leslie made a motion to move forward with this initiative. Bobby seconded the motion. Tish abstained from the vote. All others were in favor.

Health and Wellness, Mary Beachley – Mary spoke about the continuing work on the Falls Campaign this group has been working on. There are monthly topics pertaining to fall risks. The next meeting is directly following this meeting. They have created a falls prevention flyer/brochures which will be available once they have been printed. FMH and Terry Miller have both offered to help with printing. The hope is to have things in place for the Elder Expo in October.

Dianne welcomed community members to join any of the subcommittees on this Commission. She will be available after today's meeting if anyone has questions. The goal is to have community involvement on the Commission and its subcommittees.

Approval of Subcommittee Reports – Bobbie made a motion for all subcommittee reports be approved. Leslie seconded that motion. All were in favor.

XI. Announcements – Mary Beachley spoke about information she has been receiving about quality of care issues in LTC/Assisted living facilities. There has been state and national attention on this matter. One of the groups she received information from is Voices for Quality Care. This group has provided testimony at hearings to address quality of care issues at facilities. They also encourage members of the Commission to contact the Governor as individuals to express

concerns. There are other groups that are advocating for change. Some of these groups are Long Term Care Community Coalition, the American Society for Aging, and the National Council on Aging. These groups do advocacy and offer education opportunities.

Elizabeth Chung spoke about workforce opportunities at the Asian American Center of Frederick. There will be a job program for seniors with an income of less than \$14,000/year. The positions are 20 hours a week at \$10.25 an hour. There is also a job position for community workers to go out to work with and advocate for seniors. This position is \$10.00 an hour. The RSVP is a volunteer program for retired seniors. This volunteer opportunities does offer mileage reimbursement.

XII. Adjournment -

Dianne thanked everyone for attending today's meeting. The meeting adjourned at 2:45 pm.

Respectfully submitted,

Susan M. Ramsburg
Recording Secretary